






Helping Parents Quit Smoking

It's no secret tobacco use and secondhand smoke is harmful. Yet, many pregnant women, as well as parents and caregivers continue to expose their young children to its dangers. At least 11 percent of the nation's pregnant women risk the health of their unborn children by smoking.



First 5 California and the California Smokers' Helpline can't stress enough the dangers associated with tobacco use during pregnancy and secondhand smoke exposure to young children. Together, we are helping families quit smoking by providing resources to fight the urge through free self-help materials, counseling and listings of resources to help people end their tobacco use.

Accomplishments to Date: Working to Stop Tobacco Use

-  The Helpline receives thousands of calls monthly for counseling support from across the state.
-  A Helpline study shows those counseled through First 5 California services double their chances of quitting smoking during their pregnancy.
-  First 5 California's target population accounts for nearly 20 percent of all calls to the Helpline, with the majority of callers having a child ages 0 to 5 in the home and/or are pregnant.



The Helpline serves more than 100,000 callers annually in English, Spanish, Cantonese, Mandarin, Korean and Vietnamese. Helpline staff work closely with First 5 California, increasing awareness about the risks of tobacco use and secondhand smoke and encouraging pregnant women, parents and caregivers to quit. Tobacco use among pregnant women is the leading preventable cause of infant mortality, while secondhand smoke can result in lifelong health problems for children.

-  Expectant mothers who smoke put their babies at risk for complications, low birth weight and death.
-  Secondhand smoke puts young children at risk for respiratory illnesses, including Sudden Infant Death Syndrome (SIDS), middle ear infections, impaired lung function and asthma.

"I know that quitting is good for my children's health and I want them to stay away from cigarettes in the future."

– Steven Star, parent and ex-smoker